AND MADE TO SHAPE	
TERMS	
One copy one year	Ň
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Single Copies	et
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Experience has taught to not to print a newspaper on credit.

Pon't Borrow Trouble, Don't borrow trouble, nor meet it half way ; Sufficient to al! are the ills of to-day; Misfortunes, reverses and trials may come; E'en those we deem the most happy have

Don't borrow trouble -'twill come soon enough With aspect for idding, liabilaments rough-But wait till he's here, and, unheeding his

frown, Me t boldly the onset and battle it down.

Don't borrow trouble-this debt will remain, And can only be cancelled by suffering again The ills we thus borrow by phrophetic fears, osity at the bold, plain signature, Baptizing the record in serrowing tears. Don't berrow trouble -it springs in each path, down. The minister hastily filled out

A hervest that beareth an aftermath! It planteth itself with a plenteous seed, And is gathered in sorrow by hearts that

Don't borrow trouble ; despair is a chest, Sowing seeds for thistles instead of for wheat; Ah ! the crop is a full one that springs from his hand, and

And the harvesters many, all over the land, Don't borrow trouble, nor gleomily weave A barvest of tears in a shadowy sheave; But, rather come forth from the dark and the

And garner the blossoms that grow in the light. Don't borrow trouble ; on hillside and slope For the climbers who always look upward in

Bright flowers spring up with a heavenly bloom Unknown to the realms of despair and gloom. Don't borrow trouble; be sure, in the sky, The light will burst forth when the clouds

have gone by ; Be hopoful, and brave, and patient, and soon Will shine out a glorious gladdening noon.

#### SAVED BY STRATEGY.

"Strange! what can this mean? Is this a stupendous fraud, a trick, or what?' And Dr. Pomeroy stared most vacantly at the closely-written sheet he held in his band. He read:

"Dr. Pomeroy, I will not apologize for the unparalleled service I am about to ask of you; suffice it to say I have heard your history, heard of your struggles, and realize how hard a task it is for one so young in the profession and without friends in the great wilderness of houses called a city. Also, permit had been an indefatigable worker, and his. I rebelled. One night I heard a per pound, adding \$25,000,000 more, me to add, I have been informed of the cruel blow you received from the hand of one you loved, who was unworthy of you; and yet I am not acquainted with you, nor you with me. Indeed, we have never looked upon one another's face. Nevertheless, I am about to request you to do me a great favor. Will you come to South Street Church to-morrow at eight o'clock? Come privately, unattended, and never repeat that which takes place there. Will you give me, he ceased to remember that he was a a stranger, a lawful claim to your name, and yet not seek to know whom you marry? If you will do so, I will make changed his life. over to you fifty thousand dollars, payable to your order at the city bank, as soon as the ceremony is over. Trusting that the money will be a temptation to you, I shall anxiously await you at the

appointed time." That was all. There was no signature-nothing to give any clue to the writer's address or abode. Indeed, it was so terse and so unfeminine in its details that he was tempted to believe some of his male friends were playing a joke on him

"I will not go-I will not be fooled!" he said to himself.

He flung the missive down, then he picked it up, folded it carefully, and thrust it in his pocket.

He remembered that he had a patient to visit, and went out; but everywhere another, before he drew his last breath. the contents of that strange letter were ringing in his cars. He then went to see his mother. She was suffering even more than usual, and a number of dunning bills had been left to his consideration-bills which he had not the most remote idea how he was to meet. He threw them down and buried his face in his hands.

"Poverty is a curse, mother," he moaned. "I do not know which way to turn."

She tried to cheer him, but in vain. Everywhere he turned, hopeless chaos seemed to envelope him.

"Ab, if that letter was only real," he insisted on their taking up their abode thought. "Fifty thousand dollars where she had apartments, and so not would make me rich."

And so he fretted and worried until the appointed hour came—one moment vowing he would not go near the place, the next tempted to see the "farce"

Eight o'clock found him stealing in He saw two ladies closely veiled, and a father, for he had endeavored to wrong gentleman, standing in the upper part her too deeply that it was not love that evil ones leap immediately into noterity. paupers almost as fast as a conflagraof the building, while the minister sat | held her to his side; and in all her life lighted, and he could but just distin- she was free. guish the forms. As soon as he entered, the gentleman spoke to one of the ladies he was very gallant, but at last he be- shipwreck. and she then advanced to meet him.

in a low tone.

"Lam," She led him to where the gentleman

stood, and he extended his hand. said; and Pomeroy recognized in him for himself. She noticed the change, many turns and corners, that what they "Promises am a wheel with one cog the president of the city bank. "I am She tried to beguile him to forget the want in weight they make up in num- gone. here by the request of this young lady," grief that was evidently wearing on him; ber, and render it less hazardous to "Friendship will las' as long as you pointing to the one who had not moved and at last, in a fit of desperation, he stand the fire of one cannon ball than a kin afford to pay ten per cent. per anor spoken, "to inform you that if you told her all. agree to her proposition, I am author- "I am a married man!" he said, im- bullets.

# FILERI



Therald.

INDEPENDENT IN ALL THINGS; RESPONSIBLE FOR NOTHING.

VOL. VI.

fifty thousand dollars."

Pomeroy tried to speak, but his voice

his arm to the silent lady. She took it

without a quiver, and went with him to

Dr. Pomeroy registered his name,

and then looked with considerable curi-

"Eilen Latour." which his bride wrote

him by request, and which the meid and

the banker signed as witnesses. The

bride took it, kissed it and thrust it in

Dr. Pomeroy wiped the perspiration

"I do not know," said the minister

"I was requested by letter, and paid to

money with me, and requested my at-

tendance here to assure you that her

promise should be faithfully fulfilled."

was turned out; the curtain fell on the

The next day Pomeroy tried to real-

more good than you can imagine."

unknown woman who had so radically

They traveled leisurely through the

tour they had marked out before they

had started, and one night found them

in a French village. About the middle

of the night the doc'or was awakened

by some one tapping at his door and

He did so. He found the landlord,

who told him, in broken English, that

registered M. D., they called him up.

He went into an elegantly farnished

young lady sat by the bed fanning him.

The doctor hastily examined the patient.

live; but the day passed, and still

He never recovered his consciousness.

was her father. His name was Eugene

Her only remaining relative was a

young sister, who was being educated

in the Convent of the Sacred Heart of

After Mr. Sydenham was buried, Miss

Sydenham went, under the care of the

doctor and his mother, to Paris. She

a day passed but she was with Mrs.

wonder that she did not mourn for her

gan to be reserved and cold. A feeling

Then, for the first time, he felt how

to himself. "I am bound."

have so be separated.

calling for him to come out.

The three men separated; the gas

two glided swiftly away from sight.

from his brow, and then asked :

secret. It is perfectly lawful."

"Who was she?"

simple pame.

ceremony was quickly performed.

CLEVELAND, TENN., DECEMBER 2, 1881. ized to pay to your order the sum of pelnously. "I love you; and yet I am

not free to tove !" was choked. It was no fraud; it was all.

reality. He stood motionless for a moment; then advanced and offered you so," she said. "No, no!" he ejaculated. where the minister awaited them. The

> be miserable forever." "You may meet her."

"Improbable !"

"You know her?"

her bosom. One moment more and the thought you to be."

Miss Sydenham left him. The hour home value of the cotton crop or any had come which he had hoped for in other crop. But the "cured" hay is icious spirit," he said to the minister; and did so, leaving off meat and all perform the ceremony and keep it a had wedded; but it gave him no pleas- other portion is used on the ground, forethought, but my riches have been "And I," said the banker, "did not see the lady's face. She deposited the ure now.

that Miss Latour awaited him in her roughest way. private perlon, and he was ushered into | In the first place, live stock, including they fell upon Miss Sydenham.

ize what he had done. He had sold ply. "That is my real name, though I that sum as representing the grass fed tence as the wealthy man had spent, portion. His labor had been severe; never anticipated reveating the truth to to them in 1870-viz., \$305,000,000, his name to the unknown woman but you. Listen to my story before you next, we find the value of animals dollar until he became a millionaire. he thought that could not injure him. blame me," she sail.

She must have been in deadly peril," to pay such an exorbitant price for a He took an office further up town, and moved his mother to a nicer home. Patients came pouring in; a different ly, and she died a few years later, leav- 1870 was 514,000,000 pounds, which at class employed the rich Dr. Pomeroy ing all our father's property in that the low average of 25 cents, amounts than those who had employed the poor man's hands. He was our sole guar- to \$128,000,000, and this goes to the Five years had passed away, and he had gained a reputation and added considerably to his bank account. He now he felt that he needed rest for a conversation between them, and found and, finally, 53,000,000 pounds of that he was selling me for twenty thou- | cheese at 10 cents, adding over \$5,000 "We will take a trip to Europe, sand dollars, that was to be paid down | 000 to the total of these credits to the mother," he said. "It will do you to him out of my property the moment grass crop of 1870, which aggregates year. The increase in communicants had formerly been subject to frequent Turner became my hueband, I was \$837,000,000. A great many gentle hearts felt a pang to see the "good doctor" leave, was totally at a loss what to do. He add the value of the "hay" crop as although their endeavors to catch him did not allow me to go into society; I given above-viz: \$405,000,000-and had been in vain. He felt no preference for the opposite sex. He had recovered from his disappointment, and

country. married man, or to think kindly of the one of his countrymen had just fallen down stairs in a fit, and seeing his name adopted the plan of getting you to mar-ducts, and hence we may infer that twory me. When we returned to England, fifths of the capital then invested in room, where a man, some fifty years of my step-father commanded me to fulfill aggricultural pursuits was devoted to age, was lying in a dying c ndition. A my promise, I showed him my marriage the grass crop, and this in the United certificate. He swore, but he saw his States (equals in round numbers) case was lost. I had outwitted him. \$4,575,000,000. and found it was impossible for him to I did not leave him, but remained to protect my sister Ada from a similar fate. I never expected to meet you. I The lady told Dr. Pomercy that he not endanger my safety."

Sydenham, a native of England, and "But this intention will never be she would like to have him buried carried into effect," Dr. Pomeroy exwhere he died. They were traveling claimed. 'You will be mine forever, for the benefit of her health, she went Ellen!" on to explain, and he was a widower.

"Yours forever!" she answered. And when they went to see his mother, there were no three happier people to be found in the whole world. Years have passed since then, and Ada finds a home with her sister who never repents that she was saved from a

### WORDS OF WSDOM.

Pomeroy. The old lady got warmly To discover a truth and to separate it attached to her, and talked dolefully from a falsehood is surely an occupation truf. to her son about the time they should worthy of the best intellect, and not at all unworthy of the best heart. She told them confidentially not to

fate worse than death by strategy.

Our good deeds rarely cause much gossip among our fellow-citizens, but our

It is better to meet danger than to shun. in a chair. There was but one gas jet she had never been so happy as now wait for it. He that is on a lee shore, and foresees a hurricane, stands out to dat honesty am de bes' policy, not one Dr. Pemeroy watched her. At first sea and encounters a storm to avoid a man in a hundred hesitates to work a

Neither worth nor wisdom come with- pany. "Are you Dr. Pomeroy?" she asked he dared not cherish was growing in out an effort; and patience, and piety, his heart, and it alarmed him greatly. and salutary knowledge, spring up and equally strange and inconsistent, and I "I dare not love her." he muttered ripen from under the harrow of afflic- am prepar'd to say to you: tion.

Small miseries like small debts hit us "How do you do, Pomeroy?" he heavily were the fetters he had forged in so many places, and meet us at so written. volley composed of such a shower of num. Let us now purceed to bizness."

The Grass Crop.

A question widely discussed involves She recoiled, but bade him tell her the relative value of the wheat, cotton, "it was cruel, unkind of her to bind of these products involves the greatest leaving \$11,000,000. He was a member amount of the world's capital? It is of the Presbyterian church, in excellent "She saved said by the " Hay Reporter" that hay standing, a good husband and father, ne-she blessed me-and I shall always leads the rest, and the items that enter and a thriving citizen. respect her, but never did my bonds into the account as stated are somewhat hurt me until I met you. Now I shall startling. Cotton and tea are local suffered with great agony of mind, and crops, while hay is produced everywhere gave occasional expression to his rethe world over, and the hay crop gen morse at what his conscience told him erally outweighs either of the other two. had been an ill-spent life. "But possible," she said, with a sor- The aggregate reported value of all rowful look. "I know your Eilen La- farm products in the United States for friends and relatives gathered aroun a certificate, which he had brought with tour. She lives, and I must give you 1870 was 12,477,538,658; but as this his bed, "if I could only live my years "Yes; to-morrow I will introduce high then, but the census of 1880 will life devoted to money-getting that I reyou to her. She is anxious to see you; no doubt show even larger figures. gret. It is this which weighs me down she knows you are here, and-she be- Now, the hay crop for 1870-that is, re- and makes me despair of the life herelieved you loved me, and wondered if ported at over 27,000,000 tons. This, after," you were as upright as she had always at half the selling price in the large His clergyman endeavored to soothe cities, would amount to \$405,000,000, him, but he turned his face to the He bowed his face in his hands, and and is far greater than the aggregate wall, bygone days-he was to learn whom he but a portion of the grass crop. The

At an early hour the servant told him to get at the value so used, even in the strange room. He scarcely lifted his horned cattle, horses, sheep, swine, etc., "I am Eilen Latour," she said, sim- of these at 5 years, we have one fifth of slaughtered for food in that year to be step-father. He married my mother product, the whole of it will for the ter Ada a baby. My mother was weak- next, we find that the butter crop of be lightly dismissed from memery. dian, to hold our property under his credit of grass; next, we have 225,000. control until we were married or be- 000 gallons of milk, which average came of age, He placed me in the Sa- at the low estimate of 10 cents cred Heart, and kept me there until I per gallon, adds \$25,000,000 more to the was sixteen, and then he took me out, credit of the grass crop; then we have and proposed to marry me to a friend of 100,000,000 pounds of wool at 25 cents

shocked. I had no friends to go to, and Now says the "Hay Reporter" let us made no acquaintances, and instead of we have a grand total for "hay" and allowing me to stay in my mother's the products of grass consumed on the house, he kept me traveling about the amounting to \$1,292,000,000. This is, of course, subject to deduction, as the "At last I proposed to compromise, meat, butter, milk, cheese, and the I told my step-lather to take me to wool-producing animals consume other America, and when I returned I would food besides grass and hay. To make marry his friend. He complied, and I ample allowance for this, we deduct got my maid to gossip with one of the the entire value of corn and pats of servants in the hotel, and by chance 1870, estimated at \$270,000,000, and she told her your history, as her sister this leaves a remainder of \$1,082,000,000 worked for your mother. Just before I to be credited to the hay and grass started from England an uncle of my erop of that year, when the reported agmother's left me fifty thousand dollars gregated of all farm products was in my own right, which my step-father 82,447,528,658. If our estimate makes could not touch. I had it transferred even the roughest approach to accuracy, to New York, and determined to save the value of that crop was two-fifths of myself with it. Hearing of you, I the aggregate value of all farm pro-

The Lime-Kiln Club. "Doorin' my three score y'ears of intended to have you sue for a divorce life I have obsarved some curus things,' as soon as he should die, and it would began Brother Gardner as the thermometer showed 98 degrees and rising "I hav obsarved, fur instance, dat the men mos' consarned 'bout de welfar' of de kentry am de men who do de least to prosper her.

"I hev observed dat de politishunwho sots out to save de kentry am ginerally hauled up for robbin' her.

"I hev obsarved dat de men who poo' neber wait five minutes to foreclose

a chattel mortgage. "I hey observed dat good cloze an' impudence will pass fur riches an

"I hev obsarved dat brag an' bluster am better weapons dan argyment an' facts connected with Methodism,

ness of a dead man's relashuns. "I hev observed dat charity kin make

'I hev observed dat a grand monu-

"I hey obsarved dat while all ngree lead nickel off on a street kyar com-

"I hev obsarved many odder things

"Mottoes doan' mean biziness, "Maxims kin be forgotten faster dan

-Free Press.

RELIGIOUS READINGS.

A Beath-Bed Sermon. A gentleman died at his residence in tes and hay crops of the world. Which one of our up-town fashionable streets, On his death-bed, lingering long, be

! Ol," he exclaimed, as his weeping includes additions to to stocks, "bet over again, I would give all the wealth terments," etc., it was probably too I have amassed in a lifetime. It is a SHIRTS MADE TO ORDER

you have called it a wise economy and and it requires considerable calculation only a spare for my sould I would fruit, the bread made from unsifted give all I possess to have hope for my meal and mixed with water only, no

consoled, this poor rich man bewailed weight increased from one hundred and eves as he entered, but when he did, to the value of \$1,525,000 000, were fed a life devoted to the acquisition of forty-five pounds to one hundred and from it that year. Averaging the lives riches. Many came away impressed seventy pounds, and his strength of both with the uselessness of such an exis- body and mind had increased in proadding house to house and dollar to All knew him to be a professing "The man whom you saw die was my \$309,000,000; and as this is an annual christian and a good man as the world goes; but the terrors and remose of his when I was but five years old, and sis. present be credited to the grass crop; death bed administered a lesson not to

#### Religious News and Notes.

The report of the American Board shows an increase of seventeen missionaries, one hundred preaching-places, 2.500 common school a and three hundred high school schollars, and more than 2,000 additions to the mission

The Free Bap ists of New-Brunswick and in the afternoon at 120 degrees have added three hundred and forty- above, and all hands sweating like rain, four communicants and received \$25. he had not a 'cold' for the winter, and 000 for church purposes during the past | was the only employe thus exempt. He during the last ten years has been attacks of the above disease. His

The annual meeting of the Indians nine ounces (according to labor) of of the American Board's Dakota Mis Graham flour, beside fruit sufficient to sion was held in September, when a supply all the liquids necessary—half a class of thirty-air native pastors and dozen apples or their equivalent in teachers was organized for Biblical other fruit. He is rarely thirsty, but study, and spent six hours a day for sometimes, if too tittle fruit is taken at three days in receiving instruction and meal time, he takes a small draft of discuss ng the topics which were spy- water in the course of the day. This gested by the lessons.

A Scotch clergymau who was percovery from fatigue, usually at about forming the funeral service over the re- seven o'clock. During the month of mains of a neighboring pastor said of May, 1881, just passed, he gained sixty the man: "He was a good man, but hours, or six full days, working extra he was not perfect." He said this with hours at his bench, some times working an air of sadness, as if the poor man right through to midnight, and taking ought to have been perfect, and was his 'breakfast' after a short rest, before greatly to blame for being anything short retiring. No man in his employ had of perfection.

The Catholics are reported to be sically made a trial of belted-flour making advances in Africa, particularly bread, but has invariably experienced in Algeria, where they have 185,000 e loss of weight and strength. adherents and a missionary society for "My own experience goes far to prove Central Africa. During the past three the efficiency of the above regimen for years they have obtained a firm foot- either the brain or muscle worker. I ing in the interior of the Continent, am now taking but one meal a day, and and have sent forth several missionaries find myself perfectly nourished, weight in the equatorial regions.

The New York Yearly meeting of fourteen ounces of unleavened wheat-Friends has, during the last three years, meal bread, to the mastication of which added four hun leed and fifty-one mem- I devote an hour or more. I find that bers by request, and one hundred and six cold gems, weighing about fourteen eleven by birth, and has had an in- ounces, without either butter or milk, crease of one hundred and ninety-nine chewed deliberately and thoroughly members above the losses. This gain dissolved by the juices of the mouth, which is unusual in the history of the will sustain me much better than when society, is ascribed to the influence of the revival services which the meetings have recently permitted.

The Welsh Congretational church of Plymouth, Pa., one of the largest ner in which people in general boit of learning and integrity, and the same churches of its kind in this country, their food, it is not strange that a large seem to hev de moas' sympathy fur de has received as its pastor the Rev. Mr. proportion of it fails of digestion. Morris of Wales.

Bishop Simpson declared in the Ecumenical Conference in London, that the loss of children of Methodists in America in favor of other denomina-

ment in a graveyard doan' hide do mean- Fund.

ruled that the ringing of a church bell out disturbing their neighbors.

The editor of a Virgina paper was asked by a stranger if it was possible that little town kept up four newspapers, and the reply was, "No, it takes four newspapers to keep up the town."

equal to the school lands of all the other of the entire wheat over the most sci-

RATES OF ADVERTISING.

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Chattanooga, Tenn.

THE HERALD

april 25.1

One Meal a Day. Dr. C. E. Page sends to the Journal of Chemistry an account of experiments made to show that one meal a day is enough for a man :

"S. N. S., twenty-eight years old

treme and frequent changes of temper-

ature incident to the work, on cold

mornings, with the mercury below zero,

daily ration consists of six ounces to

meal is taken at night, after entire re-

gained so much time. He has occa-

and strength maintained, on about

eaten warm with butteror milk, or both

together added, and eaten as fast as one

Starchy food cannot be transformed in-

to pure blood entire, except as far as

"Until a few months ago I took my

ing, after sufficient rest, there is per-

entifically impoverished article."

the change is begun in the mouth.

condiments, as salt and pepper, and Is prepared to print anything in the line of eating chiefly wheat-meal bread and CETTER-HEADS, BILL-BEADA NOTE-HEADS. VISITING CAUDS salt or bread-raising devices-unleaven-In this state of mind, refusing to be ed bread. Within seven months his gusiness CARDs. ALL SIZE CINCULARS, POOLERS, &c., &c. portion. His labor had been severe; he is a machinist and an inventor, working ten hours every day, and doing a good deal of practical and profitting a good deal of practical and profitting a good deal of practical and profitting. It is We have as fine Presses as any office in the meal, and the weight gained has been ITEMS OF INTEREST. maintained, and his health is perfect. During the last winter, for the purpose of testing 'he sufficiency of one meal of pure food for the most trying labor, he worked in an iron foundry for three months, and notwithstanding the ex-

Every Mormon, by the present fat of sexes in the state, has his chances in two and one-third wives. Plates made of paper are now used in

Berlin restaurants for serving bread and butter, rolls, cakes, buns, and similar Mr. Walter, of the London Times,

says that the American people spend too much for public buildings and do not spend enough for payements. Dr. Guyler, while passing through Cario, was astonished to find 10,000 stu-

dents in the University preparing to teach Mahommedanism - Young James Garfield, who returned to his class at Williams College, is again very ill with the malaria which his system absorbed while in Wash-

After the experience of American cities with wooden pavements, it is strange to hear that Piccadilly, London, has been paved its entire length with blocks of wood.

The Cochituate water of Boston tastes so bad that the leading hotels and many private persons are buying water from farmers in the suburbs for drink-

ing purposes. Gathering buffalo bones along the extension of the Texas and Pacific, is an extensive industry. Hundreds of wagons and teams are engaged in the business

and the bones sell for \$12 per ton. James Weir, of St. Clairsville, Ohio, who was assaulted by his son, died. The deceased was for a slong time a member of the bar in Belmont county, Ohio, and had served three terms in the

Ohio Legislature. The Rev. John A. Lansing, the Methodist exherter, is now in prison at Boston charged with swindling his dupes out of \$20,000. He used the money in promoting the Jacques Cologne Company, which finally wound up in bankruptey. Among his dupes were four Boston widows.

The Men Who Succeed.

The great difference among men of naturally eats hot rolls and butter or all callings is the energy of character or bread and milk. Considering the man- the want of it. Given the same amount opportunities, and energy will make one man a conqueror. The want of it will see the other man a failure.

Dead-beats are all men without force, They had as good a chance as any of their companions. Others went ahead food in the morning, but I find the and ended off the prizes, while they tions was one of the most disastrons evening a better time. During the day were lying by the wayside dispisited the brain and muscles can have every- and despondent. It takes nerve, vim, The Irish Presbyterian Church has thing their own way, without interfer- perseverance, patient continuance in started an Aged and Infirm Ministers ing or bindering digestion, and at even- well doing to win a great prize. And the young man who goes into a profesfeet tranquility of body and mind and | ion without this pluck and force will A Massachusetts judge has officially 'leisure to digest.' I had never been a not earn salt to his porridge. He will 'good sleeper' until I adopted this syt- drag through life with the help of at 5 o'c ock in the morning is a public tem of diet. People who cat several friends, getting some credit with them nuisance, and that if people must wor- meals a day do well to take the last one for being a well-meaning man, in deliship at that hour they must do so with- early, and the lighter they make it the cate health and unlucky. The real better, but dyspepties may rest assured trouble is that he lacks energy.

that, of itself considered, the evening | This is just as true of the minister as meal is not the cause of their wakeful- of the lawyer or the physician. Piety ness or troubled dreams. When I ate is not enough, and piety with much three meals of a mixed diet, I could learning is not enough. All the Greek not make the last one simple enough to and Hebrew in the world will not qualify give me complete rest at night, but a man for usefulness in the ministry. Mrs. Dr. Talmage has a Bible class of now, when rested from my day's labor, It wants push, stamins, vigor, courage, 200 ladies. She is said to be a very I can eat my full vegetarian meal and resolution, will, determination—in one bright, intelligent woman, and a very sleep like a well-fed babs. I could give word, energy. If the youth knows a quite a number of examples like the little Greek, he knows what en ergos The school lands of Texas are esti- foregoing, of one-mealers, did space means, and without it Dr. Parr's knowl-The school lands of Texas are esti-mated to be worth \$100,000,000; a snm ority of vegetable over animal diet, and Observer.